

PILLARS, BRICKS AND BLOCKS

THE WAY TO PROGRESS IN ANY SPORT

By Y.Moses jayaraj/Y.Mojesh jayaraj.

The intention of the author is to make the people to walk in Truth rather than following the majority of people who most of the time or all the time who follows Lies. The author of this a believer the God the savior Jesus Christ who is a Representation of God the father himself who came to the earth as in the son who fulfilled the Duty of Adam, which our forefather Adam failed to do and Started a new genealogy, which God the Father the Creator wanted the perfection of his creation.

This book is to educate you on the topic of the development of physical sport.

And knowledge has to come from the creator who made this Matrix and that Creator God gave access to us in the name of his son Jesus Christ.

As Jesus Christ said I am the truth the way and the Life no man comes to the father Except through me.

So the creator, the father who created this world gives you that wisdom if you ask him in the name of the christ.

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Dedication

This is dedicated to my Coach and my teacher Jesus Christ.

About the Author

I am Moses jayaraj. I am 25 years old. I am born in India, Andhra pradesh, Vijayawada,krishna lanka.born on 13 March 2000.

When I was younger at the age of 5. My parents took me to gymnastics upto at the age of 8. I hadn't learned much at that time. Then my parents stopped Taking me there because of school. I had that feeling at that age of not achieving anything in sports So after the age of 14. When I was in my tenth class school I wanted to get appreciation like my some of my Friends with talent are getting. I need that appreciation from my friends and from the opposite gender, but I don't have any talent. In team games they wont allow me to join in their sport so I decided to take toughest individual sport to train myself that was running 100m I wanted win in the race which was conducted by my school once in every end of the school year which was in january 2015, I started training at the August 2014 to become the fastest boy in the school

Few days before starting the sport I decided to pray to God for the first time to give me wisdom like solomon I dont wanted to Boast myself in order to humble myself I asked him give me little Bit lesser wisdom than Solomon. I got that after I stopped studying my formal education which is after my post graduate at the age of 20.

Back to my 2014 I trained alone all this year and at the end of the year I failed in the 100m race It disappointed me a lot at that moment. I thought all my hard work went into waste because after 10 th people go to different colleges so i wont get this opportunity.

My god always makes the end of the road into the bend of the road.

He put the thought within a 50 metres walkable distance to the outside gate from that government school because our school doesn't have a ground.

So I can't became the fastest boy in the school, if i beat all the men in the world, If i become Fastest man in the world. then I will be the fastest boy in the school also.

So I decided to win an Olympic gold medal by creating a world record.

Long story short after that I failed for more than a decade in competitions today is 29 May 2025 at 27 march 2025 I founded a way to run faster competition by studying many theories .

Some of the principles I used from their theories and from god also that is included in The young earth creation science by Dr. Kent hovind.

Theory 1 young earth creation science by Dr, kent hovind.

- God created this creation 6000 years ago.

Theory 2 Arthur Jones and Mike Mentzer High Intensity theory.

- I disagree with the high intensity training but I agree with their one set method and Body proportions.

Theory 3 some of the principles from Baylor University coach quarter mile greatest coach Coach Clyde Hart who coached Michael Johnson and Jeremy Wariner.

- Going from quantity to quality
- Strength is synonyms to speed.

Theory 4 Vegan diet by Brendan Brazier

- It was similar to the gods' suggested diet: green herbs and grain etc. Once or twice in a week I go for meat.

And also I haven't believed these myths from the beginning at the age of 14

1. Athletes are born, but not made
2. You have to a genetic freak inorder to win
3. You have to born with certain fibers in order to choose a sport
4. You have to use man made supplements and steroids in order to Beat genetic freaks

These were the myths I faced while growing. I used Electrolytes powder, Creatine Monohydrate, and Whey protein powder.

But they are a waste of money and time. I stopped using them rather than going for the vegan diet suggested by Brendan Brazier.

Elements of sport

Basics are key to mastery in success in any field of life those who wanted to stay succeeded for longer periods of time more than a decade they have to rely on wisdom Rather than brute force or previously moulded talent.

I want to tell to you these Elements by giving you examples in the form of my own Sport running and also in weight training you can convert this to your sport after Getting used to this.

There are three Elements in the sport:

1. Intensity
2. Volume
3. Frequency

What is Intensity?

Intensity is the amount of Effort you put in a physical activity.
Rather than counting the percentage of effort which you can't accurately measure
Instead you have to easily measure in

- Easy intensity
- Medium Intensity
- High Intensity

1. Easy Intensity also known as communicative pace or work

You have to train regularly in this form of intensity.

Mostly fat used as fuel for this intensity

2. Medium Intensity. In this intensity you will feel bit more discomfort while
doing activity the fuel for this is internal fuels the glycogen and phosphate systems

3. High Intensity This is a dangerous intensity you don't have to train with this
Intensity this is an emergency intensity Lactic Acid production is so high it is
Dangerous to the body.

You always have to train in Easy intensity in order to get progress.

Intensity also has three different forms you can increase intensity in the three forms

1. Speed
2. Weight
3. Range of Motion

You can use them as progressive overload after each pillar.

Example for running i use speed and range of motion and for weight training

I use weight sometimes reduces weight and increase the range of motion and most of the times i will keep the same range of motion and increase my weight.

What is Volume?

The amount of work done in a single session I don't lots of set and runs

Because it's not about how much amount of work you can tolerate, it is about how much amount you actually require.

Restriction of volume is require and only one workout you have to do rather than doing Multiple different workouts which won't brings you adaptation rather it decompensate Because of varying intensity of effort for variation workouts.

So I recommended you to just start with your competition volume then change to double to the volume at the end of the pillar.

After increasing volume 25% per block then after 5 blocks you reach a point of Double the volume then you are capable of performing your race volume More intensity by 25% percentage in the next pillar beginning block.

But you have to increase to 20% percent only in order to don't get sick, you will leave that for Reserve which will be used for Body immunity.

Leave 5% and repeat the same to each pillar in easy intensity until you get desired results.

What is frequency?

Frequency means number of sessions you do in a certain period of time Whether in week or two weeks or a month etc.,

Importance of body proportions

Body proportions make easy bodily leverage of sport developing upper body for gymnasts and developing muscle in hips for runner and jumping.

In strength majority of the athletes did wrong movements which develops wrong Body proportions

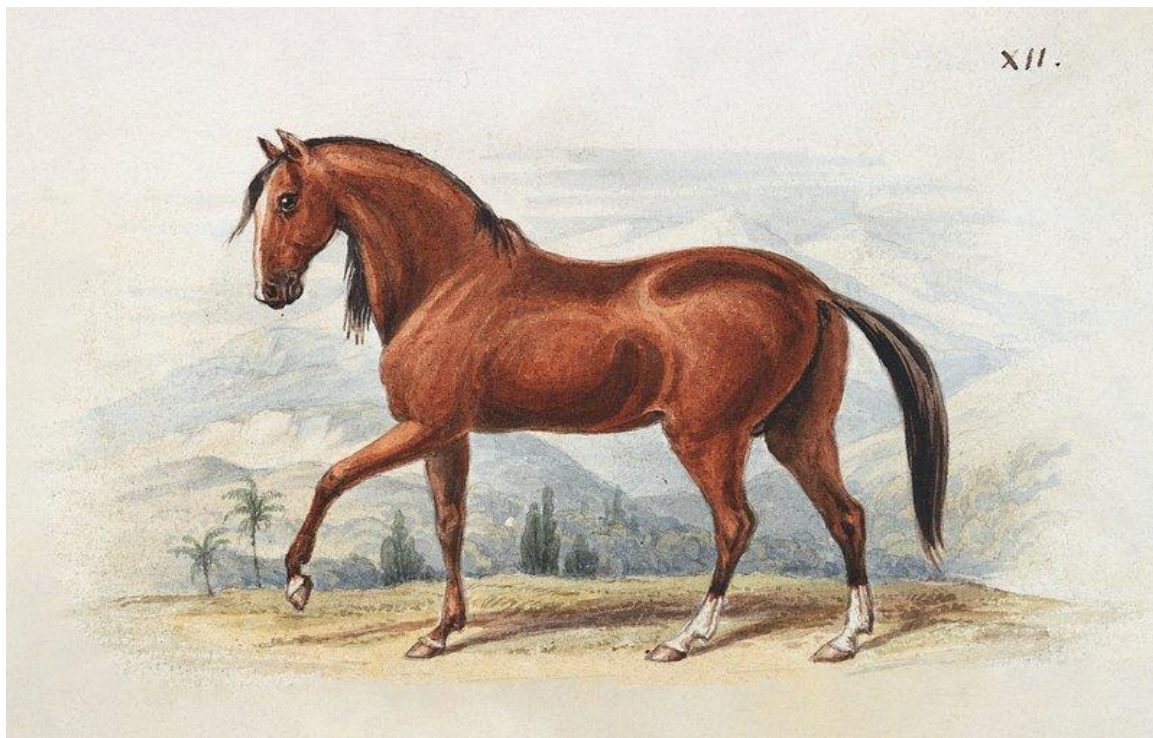
Exercises like snatch, clean and jerk and squat and deadlift are the wrong movements For the majority of sports movements expect the olympic lifter.

I was using shoulder press, lat pulldown/pull up, cable knee drive and Single leg cable reverse hyperextension.

As a runner i wanted to tell you, you need skinnier thighs and hamstrings and calves But rather you need bigger iliopsoas and bigger lower back and Glutes.

Here the example of god's creation

Horses, Cheetah, gazelle, greyhound, pronghorn antelope, ostrich, wildebeest etc.,





Baeze-wind.

Canis venatorius.

Lerrier.











I don't believe in the greatest lie and biggest hindrance of mankind the theory of Evolution. Rather than millions of years fairy tale which is not a science which is still a belief because you can't prove that billions of years you can't prove the rock to crack. Christianity and Bible is a religion I agree with that but atheists won't agree that theirs is religion.

Christ wants us to believe him first then he reveals his ways. Rather than asking for proof first.

Agonist and Antagonist

It is important to train the muscles on both sides of the joint

For example if you are training in running iliopsoas which plays a function of flexing the hip which acts as Agonist muscle in running then you have to train your lower back and Glute muscles for the function of extension of hips Which acts as Antagonist muscles.

Most athletes gets injured to hamstrings because of less training to antagonist muscles I recommend not to train quads and hamstrings this is a example taken from the People who are running with the strength of quads and hamstrings.

Need for training both Muscles

1. Better contraction allows you to increase flexibility, mobility and allows you to Perform in greater range of motion
2. And reduces the risk of injury.

Relative strength

Speed is major necessity in most of the sports and some sports included Body weight categories.

As like clyde hart said
Strength is synonyms to speed.

And that strength has to be relative strength rather than absolute strength.

What is relative and absolute strength

If Individual named A and B performing bench press
Weight of individuals are
A 50kgs and
B is 80 kgs
Height and length of the limbs is constant/same.
Let's say their height is 183cm

Comparison of 1 rep max bench:

Individual A can Bench press 75 kgs with 50 kg body weight
Individual B can Bench press 80 kgs with 80 kg body weight

Individual B is stronger in terms of absolute strength than individual A,
but individual A is stronger in terms of relative strength than individual B.

That relative strength is needed for body proportion movements in order
for speed.

This method which I learned from my god allows us to gain that relative strength.

Pillars, Blocks and Bricks

All these years i struggled with one thing, staying or stuck at a plateau or sticking point not gaining progress

Learning all these elements alone never give you progress but in order to Properly fitting them together in a right pattern allows them to start Working and producing progress.

If you see a jigsaw puzzle, some mismatched pieces can fit together But fitting all right pieces together gives us the full picture or Outcome.

In order to start a journey of continuous progress all you have to do Is keeping all elements constant for 17 to 20 workouts I do 17 workouts Because it is less in number in 14 days or 25 days or a month depending on easiness of workout.

Now I am explaining in terms of numbers by taking examples of running.

I started doing this method on 27 March 2025 today at the date of 29 may 2025 I was in Pillar 1 Block 4 14th session.

From here we are going to follow the training plan of mine.

- Pillar contains 3 to 5 Blocks until volume is doubled.
- Blocks contain 3.4 to 4 Bricks.
- Bricks means a total of 5 session of same workout which was changed in every brick.

So Taking example of preparation for running a 5km competition.

I am Moses jayaraj I am capable of running a 5km in a total time of

35 minutes in total which means at a speed of 8.571 kph ~7 min pace per km.

I increase 25% min to 35% max per block until I double the volume or you can simply go 5% increase in time per block then you doesn't need pillars or after doubling the volume you can simply cut back to its normal volume Doubled volume of 5 km is 10 km and then after that cut back to the time to 20% that is simply

- 35min - 20% is 28 min
- My goal is to achieve 8 min 5km.

Pillars Blocks and Bricks training plan

Pillar 1

Block 1 5 km 35 min avg

Block 2 6 km 42 min avg

Block 3 7.3 km 51 min avg

Block 4 8.6 km 1 hr avg

Block 5 10 km 1:10 hr min avg

Pillar 2 35 min - 20% = 28 min

Block 1 5 km 28 min avg

Block 2 6 km 34 min avg

Block 3 7.3 km 43 min avg

Block 4 8.6 km 48 min avg

Block 5 10 km 56 min avg

Pillar 3 28 min - 20% ~22 min

Block 1 5 km 22 min avg

Block 2 6 km 26 min 30 sec avg

Block 3 7.3 km 32 min avg

Block 4 8.6 km 38 min avg

Block 5 10 km 44 min avg

Pillar 4 22 min - 20% = 17 min 36 sec

Block 1 5 km 17:36 min sec avg

Block 2 6 km 21:7 min sec avg

Block 3 7.3 km 25:41 min sec avg

Block 4 8.6 km 30:16 min sec avg

Block 5 10 km 35:12 min sec avg

Pillar 5 17.6 min - 20% = 14 min sec

Block 1 5 km 14 min avg

Block 2 6 km 16:53 min sec avg

Block 3 7.3 km 20:33 min sec avg

Block 4 8.6 km 24:13 min sec avg

Block 5 10 km 28:09 min sec avg

Pillar 6 14.08 min - 20% = 11:15 min sec

Block 1 5 km 11:15 min sec avg

Block 2 6 km 13:30 min sec avg

Block 3 7.3 km 16:25 min sec avg

Block 4 8.6 km 19:20 min sec avg

Block 5 10 km 22:29 min sec avg

Pillar 7 11.264 min - 20% = 9 min

Block 1 5 km 9 min avg

Block 2 5km 9 min -5% = 8 min 33 sec.

**IT WILL TAKE 2 MONTHS TO 5 MONTHS TO COMPLETE ONE
PILLAR DEPENDS ON FREQUENCY.**

**These were newly added chapters after completion of the book
Date 8 June 2025**

Chapter 8: LAYOFF/ SABBATH.

Layoffs or sabbath are rest periods in a day or more than a day after a certain continuous work period. The creator god through Moses mentioned to the children of Israel many times about this Sabbath (Rest) to the land to the people and slaves etc.,

The Creator God Jesus Christ gave to the Children of Israel that weekly rest and yearly rest and rest in 7 years and Rest in Every Jubilee.

I learned these layoffs from the non believer of the Christianity who is following the similar principle Mike Mentzer the layoff He won't do low intensity high frequency like me, like Bible suggested

Rather he trains for High intensity low frequency, which i did for 2 years and badly got sick for 4 times and ended up and spent money on my doctor bills and also learned in this period why Michael Johnson got sick in the 1992 Barcelona Olympics.

And this is the reason for his heart attack and Edwin Moses had some kind of paralysis or Parkinson I think so I heard that from one of his interviews when I can't remember it properly he said that in his interview from his movie promotion film called 13 Strides recently a few months back.

The reason for these is doing Peaking or the competition phase of training what they usually do is this similarly method done by

Mike Mentzer's and Arthur Jones High Intensity what they do in it is peaking. In Peaking they Increase Intensity by Reducing the volume

All 3 statements of Clyde Hart is right

- 1.Going from Quantity to Quality.**
- 2.Strength is Synonyms to Speed.**
- 3.And there is no such thing as a Peaking.**

But in my opinion he hasn't effectively followed his statements He did his best that's why he became greatest quarter mile coach and there is still something not complete fulfillment of his statements I hope I am directly or indirectly have solved all those things.

We come back to High intensity training or Emergency training or Peaking or Competition period. These training types Take away the reserves in the body and bring us to a certain point where we reach highest progression and lowest body recovery by basic immune system so in this place we get sick Symptoms Need for High sex and Emotional low and low self Esteem and viral fever , diarrhea which was faced by myself in these last two years and in Barcelona by Michael Johnson And high hunger levels and deposition of fat percent Draining of glucogen and phosphate and atp systems and High lactic acid production etc.

These symptoms were high in High Intensity training combined with 1.western high protein diet and 2.supplements like whey,creatine monohydrate etc and I never used 3. steroids but like supplements there are are artificial in nature compared to

God suggested diet, you ended up making the things much worse if you go for above 1,2,3 while doing high Intensity. Low intensity high frequency training which was suggested by the god to the children of Israel in Exodus. Rather getting sick within a week with High intensity low frequency training. Instead you will slowly lose strength and Reserves in 2 months those above Negative symptoms which i discussed above will be very low but if you continue without layoff they will slowly increase the damage rate. I take 2 days consecutive rest days in 2 weeks in each block and after every 3 months similarly 14 days of recovery and my progress rate will be turned back to normal. Low intensity high frequency enables you to condition your body by building a lot of internal reserves and reduces fat and increases lean muscle.

